## AIR FORCE ELEMENT, YONGSAN, KOREA

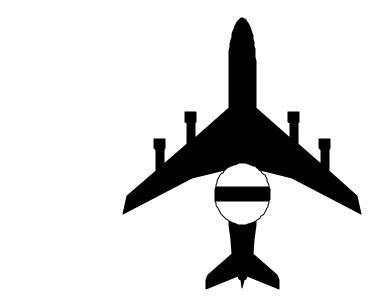
"Expect Nothing Less Than Our Best...You Deserve It!"







# BLUESUITER'S DIGEST







**NEWSLETTER 01-05** 

1 MAY 2001

#### **TABLE OF CONTENTS**

STAFF LISTING3
COMMANDER'S CALL INFO4
AFELM SECTION COMMANDER5
AFELM SPRING PICNIC6
AFELM FIRST SERGEANT7-11
<ul><li>- Armed Forces Day</li><li>- Yongsan Education Office</li><li>- Dress &amp; Personal Appearance Tip</li></ul>
ORDERLY ROOM12
<ul><li>- Environmental Morale Leave (EML)</li><li>- AF Publishing WEB Site</li><li>- Local Hotlines</li></ul>
FINANCE13-16
<ul> <li>Energy Surcharges</li> <li>Purchasing Airline Tickets</li> <li>PCS Outprocessing</li> <li>Government Travel Card Delinquencies</li> <li>Temporary Lodging Allowance (TLA)</li> <li>Sponsoring Incoming Personnel</li> <li>Members Procuring Off-Post Housing</li> <li>Dislocation Allowance</li> <li>Army Funded TDY Settlement Vouchers</li> <li>Hazardous Duty Pay</li> <li>Dislocation Allowance</li> <li>Finance Web Sites</li> <li>May 2001 Finance Schedule of Events</li> </ul>
PERSONNEL17-22

- AFF	C Str	eamlines	Squadron	Commander
Sele	ection	Board P	rocess	

- Space-A-Travel to Korea for Non-Command Sponsored Members
- Air Force Testing New ID Card
- Air Force OTS Selections
- Insurance Beneficiaries
- April Arrivals & May Departees
- May Officer and Enlisted Promotions
- May Enlisted and Officer Promotion Increments
- Related Promotion Information
- Enlisted Quarterly Assignment Listing (EQUAL)

BLUESUITER'S ASSOCIATION	
NEWS	23-24

- Hail & Farewell Info

HEALTH & FITNESS NEWS......25-26

HOURS OF OPERATION.....27

REMINDER: 28 May 00

is Memorial Day.



# Let us not forget this Important day!

### **STAFF**

AFELM COMMANDER	
Major General Michael M. Dunn	725-6031
A FELL M. CECTION, COMMANDED/A ID FODGE A DIVISOD	
AFELM SECTION COMMANDER/AIR FORCE ADVISOR	<b></b>
Colonel Thomas C. Lorimer	723-6035
DEPUTY, AFELM SECTION COMMANDER	
Major Kevin B. Steele	723-7189
CHIEF, PERSONNEL/AFELM FIRST SERGEANT	
MSgt James "Juice" Satterwhite	723_8587
MSgi James Juice Sauerwhile	123-0301
CHIEF, FINANCE ACTIVITY	
TSgt John G. Smith	723-6203
SUPERINTENDENT, SATELLITE PERSONNEL ACTIVITY	
TSgt Scott F. Good	723-8389
1081 50011 1 0004	
INPROCESSING/INTRO/CUSTOMER SERVICE/DOS EXTE	NSIONS & REENLISTMENTS
SSgt Antonio McCloud	
PROMOTIONS/EPRs/OPRs/SPECIAL SELECTION BOARDS	5
SSgt Melinda Ulm	
55% Heimad Cim	
ASSIGNMENTS/DEROS EXTENSIONS/SEPARATIONS & R	ETIREMENTS
SSgt Karen White	
55gi Raren water	723 0330
AFELM ORDERLY ROOM MANAGER	
SSgt LaChanda M. Crowell	723-3895/8587
55gi LaChanaa M. Croweii	
Bldg 2374 Fax Number (unsecure)	723-3386/4099
Zag zer i tua i tumbet (umbeedie)	123 3300/ 1077
AFELM E-Mail address:	afelm@usfk korea army mil
THE LIEUT LITTIGHT AUGH COO.	arenne usik.korea.army.mm

"Golden Legacy, Boundless Future... Your Nation's Air Force"



# NEWSFLASH!!! FOR ALL AFELM PERSONNEL

# AIR FORCE COMMANDER'S CALL Major General Michael M. Dunn

24 May 2001, 1530 hrs

PERSONNEL NEED TO <u>BE IN PLACE</u> AT THE <u>MOYER REC CENTER AUDITORIUM BY 1515</u>
HOURS.

Unless a duty, leave, or TDY commitment precludes attendance, you are expected to attend.

(607WS, SUSLAK, POSTAL & OTHER BLUESUITERS ARE HIGHLY ENCOURAGED TO ATTEND!)

# FROM THE AIR FORCE ELEMENT SECTION COMMANDER

**Down the home stretch**...well, it's almost time to DEROS, so I thought I'd share the top 10 things I'm <u>not</u> going to miss about Korea:

- 1. Motorcycles on the sidewalk. How I've survived thus far in Korea without acquiring a set of tire prints up my spine is beyond me.
- 2. Dental appointments...not mine, everybody else's. The Yongsan Air Force continues to have problems with either missed appointments or because Bluesuiters are not keeping the Element apprised of their dental activity. Please, when notified of an appointment, show up. Or, if you are getting treated at the Ciaus Clinic here on Yongsan, let the Element know so that they can update the tracking system and keep you off the delinquency list.
- 3. Yellow Air. For those of you that are new to Korea, the Yellow Air is a dust storm that blows out of Mongolia and crosses the mid-point of the Korean peninsula (i.e., Seoul). The air you breathe becomes yellow and gritty...it sort of makes you wonder if there's any of Mongolia left in Mongolia.
- 4. Parking. Basically, there isn't any. Proof of this is the number of traffic tickets crossing my desk.
- 5. AAFES cabs. Why is it that regardless of how the seats are adjusted, you cannot get out of an AAFES cab—front seat or back seat—without appearing to be both elderly and arthritic?
- 6. Other cabs. Theme parks such as Disney World and Six Flags have made fortunes by designing rides that appear to be dangerous but are actually quite safe. If you want to take a ride where the danger is real, try a non-AAFES cab. I recommend rush hour for that extra adrenaline blast.
- 7. The Inchworms. Last spring, there was this peculiarly disgusting episode in which hundreds of thousands of black inchworms hatched and were crawling across the sidewalks and streets in apparently random directions. Needless to say, walking became squishy.
- 8. The Monsoon. Having lived in San Antonio, I'm completely familiar with what a Texas Gully Washer is, but the worst of those pale in comparison to the July Monsoon. What is especially annoying is that the only leak in my hooch's roof drops straight onto the heating ducts and makes a resounding "boing." You can even tell how hard it's raining by the frequency of the "boings."
- 9. The \$10 challenge—this was beginning to cost lots of money. However, no one picked up on last month's challenge, so I'll put it in the same place this month.
- 10. TANGO. Self-explanatory.

Next month, the 10 things I'll miss.

THOMAS C. LORIMER, Colonel, USAF

Travelogue: Want a little upscale shopping, dining, and barhopping? Try the Hyehwa district, on the Blue Line, stop #20—almost feels like you're in the states.



# Air Force Element



# Spring Picnic

25 May 01 from 1200-1800

# South Post Picnic Area I & II



(located behind the AAFES gas station)



Come and join us for food, music, and fun!!

# 





POC: MSgt SatterWille AFELM 1st SGT

All AFELM personnel and their families are invited.

#### FROM THE FIRST SERGEANT

MSgt James "Juice" Satterwhite Jr. 723-8587

### ARMED FORCES DAY 19 MAY 01

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department -the Department of Defense. Each of the military leagues and orders was asked to drop sponsorship of its specific service day in order to celebrate the newly announced Armed Forces Day. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day, too.

In a speech announcing the formation of the day, President Truman "praised the work of the military services at home and across the seas" and said, "it is vital to the security of the nation and to the establishment of a desirable peace." In an excerpt from the Presidential Proclamation of Feb. 27, 1950, Mr. Truman stated:

" Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces o four land, sea, and air defense."

The theme of the first Armed Forces Day was "Teamed for Defense." It was chosen as a means of expressing the unification of all the military forces under a single department of the government. Although this was the theme for the day, there were several other purposes for holding Armed Forces Day. It was a type of "educational program for civilians," one in which there would be an increased awareness of the Armed Forces. It was designed to expand public understanding of what type of job is performed and the role of the military in civilian life. It was a day for the military to show "state-of-the-art" equipment to the civilian population they were protecting. And it was a day to honor and acknowledge the people of the Armed Forces of the United States.

According to a *New York Times* article published on May 17, 1952: "This is the day on which we have the welcome opportunity to pay special tribute to the men and women of the Armed Forces ...To all the individuals who are in the service of their country all over the world. Armed Forces Day won't be a matter of parades and receptions for a good many of them. They will all be in line of duty and some of them may give their lives in that duty."

The first Armed Forces Day was celebrated by parades, open houses, receptions, and air shows. In Washington D.C., 10,000 troops of all branches of the military, cadets, and veterans marched pass the President and his party. In Berlin, 1,000 U.S. troops paraded for the German citizens at Templehof Airfield. In New York City, an estimated 33,000 participants initiated Armed Forces Day "under an air cover of 250 military planes of all types." In the harbors across the country were the famed mothballed "battlewagons" of World War II, the *Missouri*, the *New Jersey*, the *North Carolina*, and the *Iowa*, all open for public inspection. Precision flying teams dominated the skies as tracking radar

were exhibited on the ground. All across the country, the American people joined together to honor the Armed Forces. As the people gathered to honor the Armed Forces on this occasion, so too did the country's leaders. Some of the more notable of these leaders' quotes are stated below:

"Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense."

#### Former Secretary of Defense Louis Johnson

"The heritage of freedom must be guarded as carefully in peace as it was in war. Faith, not suspicion, must be the key to our relationships. Sacrifice, not selfishness, must be the eternal price of liberty. Vigilance, not appeasement, is the byword of living freedoms. Our Armed Forces in 1950--protecting the peace, building for security with freedom--are "Teamed for Defense..."

# General Omar N. Bradley Former Chairman of the Joint Chiefs of Staff

"Real security lies in the prevention of war--and today that hope can come only through adequate preparedness."

#### General Omar N. Bradley, 1951 Former Chairman of the Joint Chiefs of Staff

"Armed Forces Day this year should serve to emphasize the practical application of unification in action, and to remind us of the continued need for unity in our Armed Forces and among all of our citizens in the interests of security and peace."

## Robert D. Lovett, Former Secretary of Defense

"It is fitting and proper that we devote one day each year to paying special tribute to those whose constancy and courage constitute one of the bulwarks guarding the freedom of this nation and the peace of the free world."

#### President Dwight D. Eisenhower, 1953

"Today let us, as Americans, honor the American fighting man. For it is he--the solider, the sailor, the Airman, the Marine--who has fought to preserve freedom. It is his valor that has given renewed hope to the free world that by working together in discipline and faith our ideals of freedom will always prevail."

#### Admiral Forrest P. Sherman

"Our Armed Forces and our national defense system represent a judicious investment of the nation's resources in the cause of peace. The return on this investment, in terms of national strength, shows the determination of the American people to preserve our way of life and to give hope to all who seek peace with freedom and justice."

#### The Honorable Neil McElroy, 1959 Former Secretary of Defense

"Close understanding between members of our Armed Forces and members of civilian communities is most important to preserve the high level of national readiness necessary for safeguarding the free world."

#### General Nathan F. Twining, 1959 Former Chairman, Joint Chiefs of Staff

"We cannot, in this day of exploding world competition on all fronts, be content to maintain the status quo. We must also realize that the preservation of our freedom in the years ahead may require greater sacrifices from us than those made by Americans who have walked before us."

#### General Nathan F. Twining, 1960 Former Chairman, Joint Chiefs of Staff

"Today we are strong enough to meet today's challenge. But the very fact that we are strong may put off the challenge to another day. The Soviets think that time is on their side. We believe otherwise. But meanwhile we cannot afford to lower our guard."

#### The Honorable Robert S. McNamara, 1961 Former Secretary of Defense

"...Word to the Nation: Guard zealously your right to serve in the Armed Forces, for without them, there will be no other rights to guard."

#### President John F. Kennedy, 1962

"Only when our arms are sufficient beyond doubt can we be certain beyond doubt that they will never be employed."

#### President John F. Kennedy, 1962

"The support of an informed American people is increasingly important to the Armed Forces in these days of rapid technological advance, quick reaction time, and grave threat to our freedom. I, therefore, encourage members of the DoD to observe Armed Forces Day by informing the American people of our Power for Peace' and by confirming their faith that in our strength we will remain free."

#### The Honorable Robert S. McNamara, 1962 Former Secretary of Defense

"... Our Servicemen and women are serving throughout the world as guardians of peace--many of them away from their homes, their friends and their families.
They are visible evidence of our determination to meet any threat to the peace with measured strength and high resolve. They are also evidence of a harsh but inescapable truth--that the survival of freedom requires great cost and commitment, and great personal sacrifice."

#### President John F. Kennedy, 1963

"...Their contribution to our freedom and safety is measureless. Our national security depends on the maintenance of alert military forces as a deterrent to any possible aggressor."

#### President Lyndon B. Johnson, 1964

"Armed Forces Day, above all, honors the dedicated individuals who wear the uniforms of their country. Each serviceman, wherever he may be, whatever his task, contributes directly and importantly to the defense of the nation. The task of each one is the task of all the Armed Forces: to protect the freedoms, which underlie the greatness of America."

#### General Earle G. Wheeler, 1967 Former Chairman, Joint Chiefs of Staff

"Our servicemen and women shoulder the burden of defense as one of the responsibilities of citizenship in this free country. Having participated in protecting our rights and having met oppression on the battlegrounds of the world, they are able to appreciate and savor the blessings of citizenship in the country they serve."

#### The Honorable Melvin Laird, 1970 Former Secretary of Defense

"At home and abroad, military men and women are showing purpose and dedication in defending American ideas. They are performing in our country's best traditions under circumstances both

difficult and complex. Thanks to their determined spirit of patriotism and professionalism, our country has a powerful and unified defense team, employing its forces in the constant quest for peace and freedom."

#### The Honorable Melvin Laird, 1972 Former Secretary of Defense

The first Armed Forces Day came at a time of increased world tensions, political volatility and communist aggression. Some notable events that marked America's first Armed Forces Week were as follows:

- Bolivian police broke up "alleged" revolutionary communist-led general strike in LaPaz.
- Two U. S. government buildings in Canton, China were taken over by the Chinese Communist Government. The buildings were U. S. property acquired prior to the Communist takeover.
- The Burmese Army recaptured the city of Prome, a strategic communist-rebel stronghold.
- Nicaraguans elect General Anastasio Somoza to a regular six-year term as president.
- French and West German governments expected to talk shortly on the merger of the coal and steel industries of the two countries.
- Communist China lifted the ban on daylight shipping along the Yangtze River due to the decline of Nationalist air activity.
- Norway receives first US military aid in the form of two Dakota planes.
- U. N. Secretary General Trygive Lie seeks West's acceptance of Red China in the U. N.
- Iran announced close range news broadcasts to the Soviet Union with

- \$56,000 worth of Voice of America equipment.
- Cuba celebrated the 48th anniversary of the establishment of its republic.
- The Red Cross celebrated its 69th birthday.
- Britain ended rationing of all foods except meats, butter, margarine, and cooking fat.
- The U. S. Congress voted to extend the draft. "A Bill to extend registration and classification for the Draft until June 24, 1952 passed the House 216-11."
- The Allied Command announced it would "ease" the burden of occupation on Austria and would name civilian high commissioners to replace present military high commissioners.
- Soviet authorities in Berlin withdrew travel passes of the U.S. and British military missions stationed at Potsdam in the Soviet zone of occupation.
- The Soviets returned 23 East German industrial plants to East German authorities. The plants had been producing exclusively for the benefit of reparations to the USSR.
- Twenty-eight Soviet vessels, consisting of tugs, trawlers, and supply ships remained in the English Channel as the Western Alliance prepared for air and naval maneuvers. Observers noted that many of them carried rollers at their sterns for trawling nets although no nets were visible.
- Pravda denounced Armed Forces Day, calling it the militarization of the United States. "The hysterical speeches of the warmongers again show the timeliness of the appeal of the Permanent Committee of Peace Partisans that atomic weapons be forbidden."

 Western Powers renewed their promise to help Mid-Eastern states resist communism. They also announced an agreement to sell arms to Israel as well as to the Arabs.

#### Below are some of the themes and ideas that have prevailed over past Armed Forces Days:

Appreciation of a Nation

Arsenal of Freedom and Democracy

**Dedication and Devotion** 

Deter if Possible, Fight if Necessary

Freedom

Freedom Through Unity

Guardians of Peace

Lasting Peace

Liberty

Patriotism

Pillars of Freedom

Power for Peace

*Prepared to Meet the Challenge* 

**Professionalism** 

Protectors of Freedom

Realistic Deterrence

Representatives of the World's Mightiest Democracy

Security

Special Opportunity for Thanks

Teamed for Defense

Again, from the May 17, 1952, New York Times article: "It is our most earnest hope that those who are in positions of peril, that those who have made exceptional sacrifices, ves, and those who are afflicted with plain drudgery and boredom, may somehow know that we hold them in exceptional esteem. Perhaps if we are a little more conscious of our debt of honored affection they may be a little more aware of how much we think of them." Armed Forces Day is celebrated annually on the third Saturday of May. Armed Forces Week begins on the second Saturday of May and ends on the third Sunday of May, the day after Armed Forces Day. Because of their unique training schedules, National Guard and Reserve units may celebrate Armed Forces Day/Week over any period in May.

## YONGSAN EDUCATION OFFICE IS HERE TO HELP BLUESUITER'S!

If you are in the Air Force and assigned to the Yongsan/Seoul Area the Yongsan education office is here to help you! There is no need to go down to the Osan Education office to enroll in college courses for classes at either Yongsan or Osan. Procedures are in place to assist all Air Force members with tuition assistance to include spouse tuition assistance. If you have any further questions/concerns please Mr. Dana F White at 723-8403 or email him at

Whited@34sg.korea.army.mi.

# DRESS & PERSONAL APPEARANCE TIP OF THE MONTH

With Sunny weather upon us sunglasses come to mind. They must be free of ornamentation on frames and lenses. Conservative lenses and frames (faddish styles and mirrored lenses are prohibited).--No sunglasses in formation or worn around the neck.

# COMMANDER'S SUPPORT STAFF (ORDERLY ROOM)

BIZ

SSgt LaChanda M. Crowell, 723-3895

## ENVIRONMENTAL MORALE LEAVE (EML) ORDERS

The EML entitlement authorized members and command-sponsored dependents higher precedence on military air transportation on a space available basis. However, EML orders do not substitute the leave form (AF Form 988. Leave requests must be approved prior to processing EML orders. Members serving an unaccompanied tour will receive one (1) EML trip per calendar year (1 Jan XX – 31 Dec XX). Command-sponsored members and any command-sponsored dependents are authorized two (2) EML trips per calendar year. **Note:** Commandsponsored members are not authorized to use their first/last EML until 6 months into or prior to the end of their tour. EML orders are not applicable in the following situation:

- Student travel to or from CONUS.
- 2. Early return of dependents to CONUS
- 3. In conjunction with an authorized TDY

#### **AF PUBLISHING WEB SITE**

The Air Force Publishing WEB Site address is as follows: <a href="https://www.afpubs.hq.af.mil">www.afpubs.hq.af.mil</a>. This site

has the capability to download the latest Air Force Pubs and Forms. The information databases are updated every Monday and have hypertext links to the DoD web site containing DoD publications and forms.

#### MONTHLY COMMISSARY SPENDING LIMIT

The monthly spending limits for Status of Forces Agreement (SOFA)-authorized patrons of Commissaries in Korea is as follows:

Family Size	Limit
1	\$450.00
2	\$700.00
3	\$900.00
4	\$1050.00
5	\$1250.00
6+	\$1450.00

As an authorized exception to this policy, newly arrived commissary patrons can spend up to 50 percent above the new limits during one of their first three months, in order to set up their household. Refer to U.S. Forces Korea Regulation 60-1 for complete details on the rations control policy.

#### **LOCAL HOTLINES**

AFOSI Det 614: 738-4180

USFK Action Line: 725-8735

NON-DUTY: **724-8179 (Duty Agent)** 

Black Market: 724-7745

Crime Stoppers: **724-8177 or 724-8179** 

Environmental: 725-3845

Equal Opportunity/Sexual Harassment:

738-3336

Found Property: 724-3134

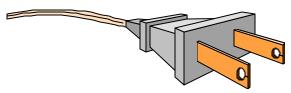
Fraud, Waste and Abuse: 738-7867

Spouse/Child Abuse:

On Post: 737-4104 Off Post: 7917-4104



# FINANCE "MONEY MATTERS" TSgt John G. Smith Smithjg@usfk.korea.army.mil



#### **Energy Surcharges**

The Per Diem, Travel and Transportation allowance committee has been advised that some lodging facilities have begun adding an energy surcharge to the daily room rate.

Don't panic! When any lodging facility in the U.S. and non-foreign OCONUS locations charge you an energy surcharge – it is fully reimbursable. Just claim the charge on your travel voucher in block 18a on the DD FM 1351-2 "reimbursable expenses".



**Potential Airline Strikes!** 

There is the potential for one or more airlines being involved in a strike or work stoppage during the period of early spring and into the summer months. During any period the Federal Government may have 93,000 employees on travel orders on any business day. No doubt you may have concerns about what to do in order to make your travel as care free as possible. While the General Services Administration (GSA) is optimistic that a strike or work stoppage will not occur – GSA's Office of Government Wide Policy wants to help with a few tips on easing the burden of traveling during this unstable period.

The four major airlines that may or may not strike:

- American Airlines (AA)
- Delta Airlines (DL)
- Northwest Airlines (NW)
- United Airlines (UA)

Question: What happens if the Government contracted carrier that I plan to use is on strike? Answer: Cancelled flights due to a strike is significant enough to allow use of one or more of the exemptions from use of a non-contract airline or alternative transportation as determined by your agency. In other words the 34<sup>th</sup> Support Group will take necessary steps to arrange transportation on other airlines based on your transportation needs.

**Question:** What additional advice can you give me?

- Make travel plans early do not wait until the last minute.
- Be flexible in your travel needs.
- Have travel agency (34<sup>th</sup> Support Group, CTO); airline, and other emergency phone numbers ready for easy reference.
- Make sure your tickets are issued to you on paper in lieu of an "e-ticket" if you are ticketed on one of the potential

- striking airlines. Only paper tickets can be exchanged with other airlines.
- Check arrival/departure times frequently – call the airlines prior to leaving home or your hotel.
- Check in at the airport as early as possible in case of last minute delays or cancellations – you may have better luck in re-scheduling at the airport.
- Postpone travel if it is not mission or personally essential.
- Use an alternative to traveling such as teleconferencing, or conference calls.

Bottomline: Keep yourself up-to-date about the airlines you are traveling on during this period of uncertainty. It could potentially save you frustration as well as some unit or personal funds!



#### **Travelers Stung Buying Airline Tickets**

Do not personally purchase tickets for official travel from anyone other than the authorized official travel office on an installation.

If you personally purchase airline tickets for official transportation, you can expect **NOT to be reimbursed**. With very rare exceptions, members who do not obtain tickets through official channels are being denied any reimbursement for airfare, even if they found cheaper rates, were misled about the ticket buying process, or never got briefed on the requirement.

Not very long ago, military travelers who purchased their own tickets could still be reimbursed, up to the price the government would have paid but this is no longer the case. Results from recent appeals of travel claims show the government's hard-nosed approach. In every case, a member who bought their own airline ticket for official business (including COT leave) saw the parent service deny reimbursement and the Defense Office of Hearings and Appeals (DOHA) uphold that decision.

# The authorized official travel office (CTO) at Yongsan is 25<sup>th</sup> Transportation.

#### **PCS Out-Processing**



Please stop by Finance for an out-processing briefing <u>no later than</u> 15 days before your AFELM final out-processing appointment. Four copies of orders, your government travel card, and a firm port call are required. <u>No</u> appointment necessary.

## Government Travel Card (GTC) Delinquency Rates



The Department of Defense has once again put a special emphasis on the delinquency rate of the GTC. The Air Force has established a "Not more than 5% of the outstanding cardholder balances due are more than 60 days old". PACAF's recent delinquency rate was 13.09% - almost 3 times the Air Force goal! Our delinquency rate for Air Force personnel here at Yongsan is less than 1%. Keep up the good work!

I have had been asked from a few personnel about the use of the GTC. When considering use of the GTC keep this in mind: The GTC is for all "official travel" expenses incurred during the period of TDY and PCS. These expenses include TLA and TLE.

Rule of thumb: If you normally would get reimbursed on a travel voucher for TDY and PCS, or reimbursement is made to you for things such as TLA and TLE you are AUTHORIZED use of the GTC.

#### Temporary Lodging Allowance (TLA)

Temporary Lodging Allowance is calculated by adding the cost of lodging to an allowance for meals and incidentals. Two copies each of the TLA authorization letter, the paid bill, and PCS orders are required to process TLA payments. These payments will be included in the next available paycheck. Keep in mind that TLA is a Housing Office program. Finance pays the number of days authorized by the Housing Office

#### **Attention Sponsors of Incoming Personnel**



Please ensure that you are fulfilling your responsibilities as a sponsor to the incoming member. This is especially important as it pertains to accommodations at the time of arrival. A member who stays in the Dragon Hill Lodge

or other off base lodging without the <u>prior</u> <u>authorization</u> from the housing office will not be entitled to reimbursement for the expenses incurred.

It is equally as important that the sponsor schedule a Finance in-processing appointment (723-6203). All newcomers are required to inprocess Finance within 5 days of arrival. All overseas entitlements are started from the paperwork completed during inprocessing. I'm sure most of you know this can have a big impact on your paycheck.

#### **Members Procuring Off Post Housing**

Incoming members should contact the AFELM Finance to receive an Overseas Housing Allowance (OHA) entitlement briefing prior to moving off-post.

#### Dislocation Allowance (DLA)

The purpose of DLA is to partially reimburse a member for expenses incurred when <u>relocating</u> their household. With-Dependent rate is paid when dependents are relocated in conjunction with a funded move. Single rate is paid only if authorized to live on the economy and government quarters are not occupied for more than 60 days.









#### **Army Funded TDY Settlement Vouchers**

Army regulation requires all Army funded TDY vouchers to be submitted with <u>original and four</u> copies of each of the following documents:

- DD Form 1351-2, Travel Voucher
- All receipts
- Transportation requests
- TDY orders
- Any additional required documents

Lately I have received more and more vouchers that do not have all the necessary copies required by Army Finance. Future vouchers will be returned to the traveler when the voucher does not include sufficient documentation.

Additionally, your supervisor must sign, and date the travel voucher in the top right margin indicating the voucher and documents have been reviewed prior to submitting them for payment. This is a requirement of Army Finance and vouchers lacking the reviewer's signature will be returned. Bring the complete voucher and documents to the AFELM finance office where a printout of your bank information is added. AFELM routes the vouchers to the Army finance.

<u>File your travel vouchers within 5 days of</u> your return.

#### Hardship Duty Pay - Location (HDP-L)



HDP-L has been approved for Korea. There are two rates in effect \$50.00 and \$150.00. Generally, members assigned to Area I are authorized the \$150.00 rate. All other locations in Korea are authorized \$50.00 per month. HDP is payable to officers and enlisted. Leave out of the

area for more than 30 days will stop HDP. HDP is taxable income.

#### **Finance WEB sites**

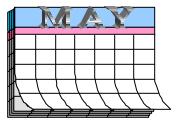
To get the current BAH rates for CONUS areas, BAS, OHA, and CONUS, Overseas Per Diem see the following web site:

http://www.dtic.mil/perdiem http://www.dfas.mil

2001 Military Pay Chart for Jan and July: <a href="http://www.dfas.mil/money/milpay/pay/">http://www.dfas.mil/money/milpay/pay/</a>

Government Travel Cardholder Web site: <a href="http://www.amcfm.scott.af.mil/toolkit/">http://www.amcfm.scott.af.mil/toolkit/</a>

#### May 2001 Finance Schedule of Events



- 3 May, Mid-Month cutoff for processing all documents
- 11 May Pick-Up mid-month pay statementsbased on arrival at Osan
- 21 May, End-of-Month cutoff for processing all documents
- 29 May, Pick-Up end-of-month pay statements-based on arrival at Osan

#### PERSONNEL SECTION

TSgt Scott F. Good 723-4460 GoodS@usfk.korea.army.mil

#### AFPC Streamlines Squadron Commander Selection Board Process

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- The Air Force Personnel Center has taken the first step in streamlining the squadron commander selection board process by combining all 12 mission support/nonrated operations board criteria into one single message.

"Previously, each assignment team generated their own message which caused significant confusion in the field for military personnel flights and interested units," AFPC officials said. "With this one consolidated message, we are

hoping to make it easier for everyone."

The message now lists all requirements and standardizes criteria and procedures for the AFPC-hosted squadron commander selection boards. It is designed to put



all the information in one place and to alleviate as much of the administrative burden as possible, according to officials.

The board schedule can be found on the AFPC Web site at http://afas.afpc.randolph.af.mil/sq-cc-board/default. htm.

The current board schedule is:

- -- Civil engineering, July 30 to Aug. 2;
- -- Communications, Sept. 17 to 21;
- -- Comptroller, Oct. 9 to 12;
- -- Contracting, July 11 to 13;
- -- Intelligence, May 15 to 18;
- -- Logistics, Aug. 27 to 31;
- -- Medical, July 24 to 27;
- -- Mission support, Oct. 10 and 11;
- -- Security forces, July 10 and 11;
- -- Services, Oct. 18 and 19; and
- -- Weather, Sept. 20 and 21. (Courtesy of AFPC News Service)

#### Space-A Travel to Korea Opens for Non-Command Sponsored Family Members

OSAN AIR BASE, Republic of Korea (AFPN) -- The United States Transportation Command in conjunction with the U.S. Forces Korea announced the opening of space-available travel for non-command sponsored family members effective immediately.

Expanding the space-available travel policy to allow family members to travel unaccompanied to their sponsor's duty location is a significant quality of life enhancement for service members stationed in Korea.

Non-command sponsored family members may now travel Space-A in Category III if accompanied by their sponsor to and from the duty location and Category V if not accompanied by their sponsor. However, family members may not accompany their sponsor when initially reporting, because the sponsor's travel is in a duty status.

The wing commander, brigade commander or headquarter staff equivalent (colonel) is the final approval authority. For Air Force members assigned to Osan, the approval authority is delegated to the respective group commander.

All family members must travel with a letter endorsed by the unit and group commander or equivalent.

Family member visits are limited to active-duty members serving an unaccompanied tour. Non-command sponsored family members are authorized one 30-day visit per 365-day period and extensions are not authorized.



Non-command sponsored family members are limited to Department of Defense flights to and from the United States including

territories and designated air passenger terminals serving the Republic of Korea. Currently, there are only two that offer Space-A opportunities -- Kunsan Air Base and Osan AB

Sponsors are responsible for transportation expenses to and from arrival and departure point. Additionally, sponsors must be aware of the potential that Space-A opportunities may not be available and plan accordingly based on peaks and lulls in the Space-A system.

Dependent travelers must have adequate funds for commercial travel back to their homes. With this in mind, family members wishing to travel during the busy summer months may find Space-A opportunities limited as most travelers will be moving on a space required and official duty basis.

Family members are reminded passports are required for all visits to the Republic of Korea. However, visas aren't required since the visit is for 30 days or less.

Additional information for sponsors and family members is available from the U.S. State Department and the U.S. Embassy Seoul concerning travel to Korea. (Courtesy of PACAF News Service)

#### **Air Force Testing New ID Card**

WASHINGTON (AFPN) -- People at four active-duty Air Force installations and an Air National Guard unit are currently testing the Department of Defense's new identification card, known as the Common Access Card.

Test sites for the new ID card are Langley Air Force Base, Va.; Lackland AFB, Texas; Hurlburt Field, Fla.; Ramstein Air Base, Germany; and the Air National Guards's 203rd Red Horse Squadron in Virginia Beach, Va

The CAC replaces the standard military identification card and will eventually be issued to about 4 million active-duty military, Selected Reserve, DOD civilians, and eligible contractors.

In addition to being the new Geneva Convention ID card, Air Force officials said the CAC will also be the principal card used for physical access to buildings and controlled spaces and for logical access to unclassified computer networks and systems.

The new card is about the size of a credit card and contains an integrated circuit chip, bar codes, magnetic strip, color digital photograph, and printed information.

The CAC will enable cardholders to digitally sign email, encrypt information and establish secure Web sessions to access and update unclassified information via the Internet.

These provisions are intended to enhance individual privacy in the Department as computerized systems replace paper-based systems, said Col. Thomas Zuzack, chief of the networks division, Headquarters Air Force. The CAC will play a key role in the information assurance defense-in-depth strategy for sensitive but unclassified information, said Zuzack.

Smart card technology has been in use by the Air Force for several years, primarily in pilot projects and concept demonstrations, Air Force officials said. The Air Force and DOD will leverage the capabilities of these projects as they now work to integrate the card with many of the Air Force's standard systems and processes currently in use.

DOD plans to have the CAC implemented by October 2002.

#### **Air Force Announces OTS Selections**

RANDOLPH AFB, Texas (AFPN) -- The Air Force is giving 114 enlisted members the chance to trade in their stripes for gold bars after being chosen to attend Officer Training School.

Air Force Recruiting Service's OTS Selection Board 0105, which met here April 3 to 6, considered 458 total applications, selecting 250 for a 55-percent selection rate.

A listing of selectees is available at http://www.aetc.randolph.af.mil/pa/aetcns/stories/01-054.htm

As part of the selection process, board members review both objective and subjective factors. Objectively, the board considers each applicant's academic discipline, grade point average, and Air Force Officer Qualifying Test scores. Subjectively, board members evaluate work experience, accomplishments, adaptability, character, leadership ability, potential for future growth, and other recommendations. For active-duty enlisted members, performance reports and commander's recommendations are also evaluated.

At least three Air Force colonels review every application. The selection process is similar to an Air Force officer promotion board. Key to the entire process is that no single factor leads to an individual's selection or nonselection, according to OTS selection officials.

Individuals selected for OTS can expect class assignment information approximately eight weeks after their physical is certified for commissioning. The OTS boards meet approximately every six weeks here at AFRS headquarters.

For more information concerning OTS and the application process, active-duty members should contact their local education services office; civilians should contact the nearest Air Force recruiter.

#### **Name Insurance Beneficiaries with Care**

WASHINGTON (AFPN) -- When it comes to Servicemembers' Group Life Insurance, completing the election form correctly is essential to ensuring the beneficiaries you intend receive their payment, now an even more significant service financial benefit, Air Force officials said.

Since the maximum SGLI coverage increased to \$250,000 April 1, there is concern within the judge advocate general's department about people who either

indicate no SGLI beneficiary or select the "by law" option without full understanding of the potential consequences, said Lt. Col. Walt Skierski, Air Force Legal Assistance Division chief.

"The best way to ensure that the proceeds are paid to intended beneficiaries is to specifically name them on the SGLI form," said Col. Rebecca Weeks, staff judge advocate for Air Force Reserve Command. "Otherwise, strict interpretation of beneficiary definitions in the SGLI statue may result in payment inconsistent with the servicemember's intent."

According to the statue, the proceeds will first go to the spouse. If there is no spouse, surviving children share the proceeds equally. Next in line are surviving parents. If there are no parents, the proceeds will go to the executor of the deceased's estate. In the absence of an executor, the proceeds go to the next of kin according to state law.



The SGLI statute specifically defines who qualifies, for example, as a parent. If a person has a stepparent who has not legally adopted him or her, that stepparent would not qualify as a "parent" under the definition in the statute. If servicemembers want a stepparent to receive their SGLI proceeds,

they should specifically name the stepparent as a beneficiary and not use the "by-law" designation.

There are other situations where failing to fill in a beneficiary or using the "by law" designation may not work for a person's specific desires. Everyone's situation is unique, and taking the time now to properly designate your intended recipients will save needless, costly litigation later, Skierski said.

People should discuss whether the "by law" designation is right for them with their legal assistance attorney, he said.

"Some people think having a will ensures all their property will go to the beneficiaries named in the will," Weeks said. "They forget to keep their insurance contracts up to date and correct. They incorrectly believe that the will directs where the insurance proceeds go. Insurance contracts are normally separate and apart from a will."

Skierski recommends reviewing wills, powers of attorney and insurance documents, including SGLI, at least annually or whenever family circumstances change, such as after a divorce or when a child is born.

Making sure these important legal documents are up to date and correct is something servicemembers can do for both their own and their families' peace of mind, an important element of military readiness, he said.

Members can contact their local base legal assistance office for additional information.

#### **April 2001 Arrivals**

Rank/Name	<u>Unit</u>	Losing Base
Maj Lucas, Dennis J.	C4	Scott AFB IL
TSgt Brinkley, Tonya K.	JUSMAG	Langley AFB VA
TSgt Jacobs, Timothy O.	J6	McClellan AFB CA
SSgt Batts, John D.	SUSLAK	Mountain Home AFB ID
SSgt Collins, Tony J.	SUSLAK	Cheyenne Mountain AFS CC
SSgt Ray, Mark L.	SUSLAK	Tyndall AFB FL
SSgt Sanchez, Fernando A.	J6	Randolph AFB TX
A1C Hardwick, Amy M.	607WS	Sheppard AFB TX

#### **May 2001 Departures**

Rank/Name	<u>Unit</u>	Gaining Base
Col Tripp, Duane	JUSMAG	Pentagon AFM VA
Lt Col Boyette, Marcus	C4	Maxwell Gunter AFB AL
Maj Barnett, Jerry	J5	Beale AFB CA
Maj Houk, Paul	FKCJ	Maxwell AFB AL
Maj Mathis, Roy	J1	Pentagon AFM VA
Maj Walter, Catherine	Protocol	Verona ADM Italy
1Lt Motes, Thomas	J6	Ramstein AB Germany
1Lt Uehara, Dana	607 WS	Hickam AFB HI
MSgt McIntosh, Keith	J6	Offutt AFB NE
TSgt McDavid, Leslie	SOCKOR	Pentagon AFM VA
SSgt Armstrong, Georgia	SUSLAK	OTS/CANNON AFB NM
SSgt Coleman, Kevin	607 WS	Ft Polk AIN LA
SSgt Garton, Bryan	607 WS	Kirtland AFB NM
SSgt Drayton, Terrance	SUSLAK	Yokota AB Japan
SSgt Hahn, Christopher	607 WS	Offutt AFB NE
SSgt Monroe, James	607 WS	Ft Carson AIN CO
SSgt Reyes-Witak, Maria	607 WS	Whiteman AFB MO
SSgt Sasfy, Christina	J1	Ellsworth AFB SD
SSgt Solberg, Bennie	607 WS	Shaw AFB SC
SSgt Ulm, Melinda	AFELM	Whiteman AFB MO
SSgt Wright, Donald	FKCC	Elmendorf AFB AK
SrA Dillon, James	607 WS	Keesler AFB MS
SrA Fleming, Cynthia	J3	Peterson AFB CO
SrA Williams, Kathleen	607 WS	Offutt AFB NE
A1C Horowitz, Adam	Postal	Seymour Johnson AFB NC

# Promotion News

#### Congratulations to the May 2001 Promotees!

#### To Lt Col

Richard A. Forster - C5 Mark M. McLeod - JUSMAG

**To Major** Kario D. Harris - J1 To Captain

Stephen B. Lindsey - SOCKOR

**To MSgt**Gary R. Hughes - AFKN

**To TSgt**Theresa A. McCullough - PAO

**To SSgt**Paul S. Safford - SUSLAK

AFELM Promotions Page - http://www.korea.army.mil/org/afelm/promotions.htm

#### **May 2001 Enlisted Promotion Increments**

Promoted To:	Line Numbers
CMSgt	0141 - 0179
SMSgt	0132 - 0262
MSgt	5655 - 6274
TSgt	8488 - 9454
SSgt	13382 - 14973

#### **Enlisted Test Cycles**

Cycle	Grade Testing to	Testing Window
01E9	CMSgt	4 Sep - 7 Sep 2001
02E8	SMSgt	10 Jan - 24 Jan 2002
02E6	TSgt	15 Feb - 31 Mar 2002
02E7	MSgt	15 Feb - 31 Mar 2002
02E5	SSgt	1 May - 31 May 2002

#### Enlisted Public Release Dates (projected)

TSgt/MSgt (01E6/01E7)	June 2001	
SSgt (01E5) August 2001		
CMSgt (01E9)	November 2001	

#### **May 2001 Officer Promotion Increments**

#### **Colonel Boards**

Board	Quota	Thru Seq #	# Remaining
LAF, CY00A	32	32	622
CHAP, CY00A	1	1	7
JAG, CY99A	1	18	4
NC, CY99A	1	15	6
MSC, CY99B	1	18	1
BSC, CYOOA	1	5	13

#### Lt Colonel Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY99B	110	1268	0 *
CHAP, CY99A	1	20	1
JAG, CY99B	3	27	13
NC, CYOOA	7	7	68
MSC, CY00A	5	5	25
BSC, CY99B	5	35	20

<sup>\*</sup>Line Exhausted

#### **Major Boards**

Board	Quota	Thru Seq #	# Remaining
LAF, CY00B	166	332	1325
CHAP, CY00B	2	2	15
JAG, CY00B	6	6	43
NC, CYOOA	12	64	96
MSC, CY00A	4	18	24
BSC, CY00A	10	110	0 *

<sup>\*</sup> List Exhausted

#### **Related Information**

AFELM Promotions Page - http://www.korea.army.mil/org/afelm/promotions.htm

Determining Promotion Sequence Line Numbers - http://www.afpc.randolph.af.mil/offprom/lines.htm

How/When are Officers Promoted - http://www.afpc.randolph.af.mil/offprom/how.html

Active Duty Service Commitment for Promotion - http://www.afpc.randolph.af.mil/offprom/adsc.html

Conducting Promotion Ceremonies - http://www.afpc.randolph.af.mil/offprom/pinon.html

DFAS: Military Pay - http://www.dfas.mil/money/milpay/

#### **Enlisted Quarterly Assignments Listing (EQUAL)**

EQUAL is the assignment listing which advertises most of our enlisted assignments which are sending people overseas and providing CONUS assignments for overseas returnees. These assignments are advertised and matched eight times a year (four cycles each for those going to and from the overseas area). The listing tells you what is available by AFSC, grade, and location. It allows you to align your preferences to actual Air Force needs. EQUAL listings may be viewed at your MPF, with your Commander's Support Staff, or on AFPC's World WideWeb.

For overseas assignments, members must meet established quality control criteria for reassignment (not under Article 15 punishment, not on the Control Roster, not in Drug/Alcohol rehabilitation, no rating of 2 or lower on latest EPR, etc.). You also need to be eligible to obtain the required retainability for the assignment you are volunteering for. For example, you are a married TSgt nearing your high year of tenure and are only able to get 36 months of retainability (you only have 36 months after the RNLTD of the advertised requirement, before you retire) and you see a requirement for Yokota AB on EQUAL for your AFSC and grade. You know that if you volunteer as an extended tour volunteer you have a higher priority than a standard tour volunteer. But guess what? You can't be an extended tour volunteer because you can't obtain the required 48 months of retainability and the computer would not select you. So to be properly considered for this Yokota requirement, you would need to volunteer for the standard tour length of 36 months.

Overseas members with an indefinite DEROS are eligible for a consecutive overseas tour (COT) anytime after completing their original tour. Individuals with an established DEROS can also be considered for a COT but can only volunteer for advertised requirements with a reporting date (RNLTD) equal to your DEROS month or the following two months. For example, if your DEROS is Jan, you are eligible to compete for assignments with Jan, Feb, or Mar reporting. You must meet the eligibility requirements as outlined in AFI 36-2110.

If you are not selected for a COT assignment or didn't volunteer because you want to return to the CONUS, you will compete for a CONUS assignment during your overseas return cycle. You must have 12 months retainability after DEROS to be considered for a return assignment. You only need 7-12 months if you're on a short tour where the accompanied tour is not authorized, and high year of tenure restricted from getting the full 12 months. If you do not have or obtain the required retainability by the required date, your DEROS will be involuntarily extended to match your DOS. For answers to questions or other specific information on retainability issues, contact your local MPF or Commander's Support Staff.

Military personnel married to military personnel **<u>DO NOT</u>** use the overseas returnee EQUAL list. AF couples **<u>DO</u>** use the overseas EQUAL listing to apply for overseas assignments, including COTs.

#### **Enlisted Overseas EQUAL**

Overseas assignments that volunteers from stateside and overseas locations will be considered for.

RNLTD	Avail to Customer	Pref Due	Assignment Flow/Public Release Date
JAN/FEB/MAR	20 Apr 01	30 Apr 01	11 May 01
APR/MAY/JUN	7 Aug 01	17 Aug 01	3 Sep 01
JUL/AUG/SEP	6 Nov 01	16 Nov 01	26 Nov 01
OCT/NOV/DEC	TBD	TBD	TBD

#### **Enlisted Overseas Returnee EQUAL**

Stateside assignments only for people returning from overseas.

DEROS	Avail to Customer	Pref Due	Assignment Flow/Public Release
AUG/SEP/OCT	13 Apr 01	20 Apr 01	21 May 01
NOV/DEC/JAN	24 Jul 01	3 Aug 01	20 Aug 01
FEB/MAR/APR	23 Oct 01	2 Nov 01	19 Nov 01
MAY/JUN/JUL	22 Jan 02	1 Feb 02	18 Feb 02

**DEROS Election Option/Forecast Notification RIPS** You will receive, from your Orderly Room, your DEROS RIP 10 months prior to your DEROS. So, if your DEROS is the month of February 2002, you will receive your DEROS RIP in April 2001. The RIP must be returned to the AFELM/SPA within 30 days from the day it was produced.

A DEROS extension request submitted later that 30 days from the day your DEROS RIP was produced must be submitted and considered as an exception to policy. This type of request must be fully justified and may be disapproved by your commander. When your commander recommends approval, the request is submitted out-of-system to the AFELM/SPA for forwarding to your parent MAJCOM. Your parent MAJCOM may disapprove the request or recommend approval and forward the request to your assignment OPR for a final decision. Enlisted members who extend their OS tour for a period of 6 or more months are given higher assignment priority within their returnee match group.



# The Air Force Bluesuiter's Association presents



25 MAY 01, TIME: \*\*1930 hrs

Located at Bldg 1126 (Cp Coiner)

(\*\*Time change from 1900 to 1930)

Come and say farewell to the members departing in March and welcome the recently arrived newcomers!



### OK, You Slugs!

The Shirt and I attend each one of these---it's a great opportunity to say goodbye to your fellow bluesuiters, make the new arrivals feel at home and get a cold beverage/free food after a long work week. I encourage everyone to come out and attend!





# <u>FREE FOOD AND REDUCED</u> DRINK PRICES





# Doing Great things for Great Folks Bldg 1126-Camp Coiner

Check out the new hours and new dart board

Monday thru Thursday
7-10 p.m.
Friday and Saturday
6 p.m.- Midnight

Social Hour 7-8 p.m. Every Night

A Fun place to meet other Bluesuiter's!







## **HEALTH & FITNESS NEWS "U" CAN USE**

#### EXERCISE LOWERS FAT HORMONE LEVELS

(Jogging just three hours a week is enough to see a dramatic improvement)

Now there's yet another reason to get off the couch and onto the track. A new study has found that regular physical activity dramatically lowers blood levels of the fat hormone leptin, which in turn, may boost heart health. The findings hold true for both fat and thin men proving once again that regular exercise offers some of the best protection against obesity, heart disease and diabetes, experts say.

In the new study, scientists at the Harvard School of Public Health in Boston found that when couch potatoes start exercising regularly, their levels of leptin...the hormone produced by the body's fat cells that is believed to be a major culprit in causing obesity to drop.

Jogging just three extra hours a week is enough to see dramatic improvement, said Dr. Nain-Feng Chu, who headed the study. Researcher studied 268 men ages 47 to 83 who were free of cardiovascular disease, diabetes and cancer. Each participant completed a questionnaire on what types of food he ate, whether they smoked, how much they exercised and whether they drank alcohol and if so, how much.

Men whose leptin levels were the highest weighed more, exercised less and ate more foods high in saturated fat and cholesterol, compared with those who leptin levels were the lowest, Chu reported.

After adjusting for the other factors and dividing the men into groups depending on how many they exercised, Dr. Chu found that for every additional three hours of physical activity performed per week, leptin levels dropped 10 percent.

The study also found that the fattest men seemed to be prone to diabetes, a diseases in which the body fails to properly regulate glucose and insulin.

"Men whose bodies produce more insulin also tend to have increased leptin levels," Chu said. This association could mean that leptin plays a role in the development of diabetes, he said.

#### LEPTIN'S MYSTERIES

Molecular biologists first identified leptin in 1994. Since then, the fat hormones have been the subject of intense speculation among scientists.

Five years ago after it was shown that injecting leptin into lab animals could cause them to lose weight, it was believed that the hormone might offer a miracle solution to obesity," said Eric B. Rimm, associate professor of epidemiology and nutrition at the Harvard School of Public Health. While it turned out that injections did act similarly in humans, leptin's role in obesity is beginning to be understood, he said.

"As you get fatter, your body makes more leptin,"he said. "But when you exercise, the amount of leptin in the blood decreases. Most of the time, you also lose weight, which means you risk of heart disease decreases too."

Dr. Lynn Smaha, president of the American Heart Association and a cardiologist at the Guthrie Clinic in Sayre, Pa, said the findings once again underscore the importance of exercise in maintaining a healthy heart.

Dr. Smaha, who tells his patients to exercise 30 to 45 minutes, five times a week, says that people who engage in regular physical activity:

Burn of more calories;

Spend less time on the couch;

Smoke less;

Are less hungry

"Whether you're fat, thin or average weight, exercise will lower you risk of obesity, heart disease and diabetes," he said.

#### **STAY FIT**



### **HOURS OF OPERATION**

#### **Satellite Personnel Activity (Military)**

Monday - Friday 0800 - 1700 Walk-in Customer Service/Telephone Inquiries

Monday - Friday 0800 - 1000 **Outprocessing** (by appointment in military uniform)

Monday - Friday 0800 - 1000 **Inprocessing** (by appointment in military uniform)

#### **AFELM Orderly Room**

Monday - Friday 0800 - 1700 Walk-in/Telephone Inquiries

#### **Finance Activity**

Monday - Friday 0800 - 1100 and 1300 - 1700

#### **AFELM Section Commander/AF Advisor**

Walk-in time 1700 - 1800 (Monday Through Friday)



This supersedes Bluesuiter's Digest 01-04, April 2001